



## Linda Kline-Lau

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Zip Code: 22039

Zip Postal: 22039-3316

Language: English

Populations Treated: Couples, Adults

Organization: Dr. Goldberg & Associates

Treatment Options: Telehealth, Phone Consultations

Disorders Treated & Specialty: Anxiety, Attention-Deficit/Hyperactivity Disorder, Bipolar Disorder, Depression, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder

Treatment Methods: Cognitive Behavioral Therapy (CBT), Compassion-Focused Therapy, Exposure Therapy, Interpersonal Therapy (IPT), Medication Referral, Mindfulness, Other

Payment Options: Accepts Credit Cards, Accepts Some Insurance

Address1: 8511 Heron Pond Ln

Website: <http://drgoldberg.org>

City: Fairfax Station

State/Providence: Virginia

Country: United States

Home Email: [lklinela@yahoo.com](mailto:lklinela@yahoo.com)

Degree: LCPC, MA

Email: [lklinela@yahoo.com](mailto:lklinela@yahoo.com)

Office Phone: 703 9350058

Telehealth: Maryland, Virginia

Professional focus: Counselor

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### ABOUT

I have a passion for working with hurting people and a desire to help them resolve their core issues so that they can become all that they were designed to be. My goal is to help people uncover the true sources of "the chains that bind them" and the pain each person carries so that they can be healed, break free and live an abundant life.

### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Exposure Therapy

Interpersonal Therapy (IPT)

Medication Referral

Mindfulness

Other

### POPULATIONS TREATED

Adults

Couples

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#### DISORDERS AND SPECIALITIES

Anxiety  
Attention-Deficit/Hyperactivity Disorder  
Bipolar Disorder  
Depression  
Generalized Anxiety Disorder (GAD)  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Posttraumatic Stress Disorder (PTSD)  
Social Anxiety Disorder

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#### PAYMENT OPTIONS

Accepts Credit Cards  
Accepts Some Insurance



#### ABOUT ANXIETY & DEPRESSION ASSOCIATION

The Anxiety and Depression Association of America (ADAA) developed this **Find Your Therapist Directory** for you to connect with licensed mental health professionals.

Know that you are not alone, and help is available.

ADAA is a nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through the alignment of science, treatment, and education.

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*For the ADAA mental health professionals, this directory also helps you connect with millions of potential patients.*

*To join the directory, contact [membership@adaa.org](mailto:membership@adaa.org).*

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**If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.**

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#### HELPFUL LINKS

##### **ADAA Website**

<https://adaa.org/>

##### **Mental Health Webinars**

<https://adaa.org/resources-news/from-adaa-experts/webinars>

##### **Mental Health Personal Stories**

<https://adaa.org/educational-resources/from-our-community/stories-of-triumph>

##### **ADAA Newsletter Sign Up**

[https://adaa.informz.net/adaa/pages/Triumph\\_Subscribe\\_page](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

##### **Get Involved with ADAA**

<https://adaa.org/get-involved>

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